

NASA HEALTH PROMOTION AND WELLNESS TEAM

Minutes for: April 5, 2001

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	PC	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input type="checkbox"/>

NIAT: Health and Safety

Dr. William S. Barry

The NASA Integrated Action Team (NIAT-1) goal is to provide a physically and psychologically safe and healthy work environment for NASA employees. Over the next year we will see where our actions and priorities are in terms of contributing to NIAT. Each Center's Occupational Health Program (OHP) will be contributing to the NIAT activities. Think about how your clinic contributes towards this initiative. Look at evaluating opportunities to deal with stress or work pressures that maybe causing problems at NASA. The emphasis over the next year is how the NASA OHP can contribute to the psychological and physical work environment. The OHP components including EAP, Preventative Health, Industrial Hygiene, Safety, Radiological Health and Fitness Centers, all contribute to the NIAT action. NIAT is not the sole responsibility of the OHP but we do make a contribution to it. The metrics for stress are currently being defined. The Centers will be receiving this information in the near future.

Healthy People 2010

Catherine Angotti

An overview of Healthy People 2010 was given. The entire slide presentation is in an attached Power Point document. Some of the highlights related to NASA and Healthy People included:

- o NASA began focusing on the Healthy People 2000 goals, achieved many of the related objectives and made program efforts for the objectives related to exercise.
- o The White House Directive on Preventative Health Services signed January 4, 2001 by President Clinton has been retained by the current administration.
- o NASA meets the directive in many areas of preventative health programs and is ahead of other federal agencies with our Solar Safe program (sun avoidance).
- o NASA's OHP has achieved high visibility in the agency.
- o A change in Healthy People 2010 goals addresses quality of life.
- o To meet the leading health indicators we must establish measurable goals.
- o NASA's OHP has programs to meet the leading health indicators including physical activity, overweight and obesity, tobacco use, substance abuse, mental health, injuries and violence, environmental quality, and immunizations.
- o The greatest impact on health risk reduction for Healthy People 2010 is in the area of exercise and diet.

Health Promotion Campaign Summary

Cold & Flu Campaign/Immunization Awareness:

- A total of 18,200 civil servants and contractors received the influenza vaccine. This represents 26% of the total combined workforce.
- A total of 6,585 civil servants received the influenza vaccine. This represents 34% of the total NASA civil servant population.
- A total of 12,011 contractors received the influenza vaccine. This represents 25% of the contractor population.

Congratulations to all the Centers on a job very well done! The results were great especially given the challenges last year obtaining the influenza vaccine.

The Agency has given consideration to consolidation of the vaccine ordering process, however, at this time there is no cost benefit or leverage to that. This will be looked at again at another time. All of the Centers should proceed with ordering the vaccine for this fall.

National Drunk and Drugged Driving Prevention Month/Mental Health Awareness:

The reports received from Centers was presented and included:

- A presentation by Mothers Against Drunk Drivers (MADD) and State Troopers was given to increase awareness of drinking and driving and to increase the understanding of its impact on the family.
- EAP gave a presentation on holiday stress.
- A 3-D poster presentation was done.

Centers reporting during the ViTS with programs during that time:

- ARC: A presentation on Stress Reduction: Integrating the Mind and Body was given. There was an awareness activity on World Aids Day.
- GSFC: The EAP, Health Fitness Center and Clinic staff presented a Holiday Program including handouts on mental health, alcohol and holiday stress. Healthy food recipes and food samples were provided to employees. The newsletter also covered holiday stress. In January a program on money management was given covering over extension during the holidays and handling expenses.
- WFF: State police provided 3-D Program presentation and materials on seat belts and car seats.
- GRC: A Health for the Holiday incentive program that included stress, healthy eating and exercise was completed. A presentation on healthy eating during the holidays was also given.
- SSC: The EAP coordinator gave a presentation on World Aids Day and an Alcohol and Drug Awareness Program was given in December.
- MSFC: The web site health topic for December was Aids Awareness.

101 Critical Days of Summer

- The previously designated second quarter campaign for 2001 is National Safety Month, 101 Critical Days of Summer. The National Safety Council (NSC) injury statistics for 1998 were reviewed. The top five fatal unintentional injuries for 1998 (most recent data) are 1) motor vehicle accidents, 2) falls, 3) poisoning, 4) drowning,

and 5) fires and burns. These types of accidents account for 80% of the deaths and are the identical top 5 since 1970.

- Health promotions and educational programs may be related to other summer related injuries or illness. It was suggested that heat stress and skin cancer prevention and education was an appropriate focus.
- Other suggested areas to address included the risk of developing blood clots when making long car drives during vacations and the risk of riptides when swimming.
- This campaign needs to involve the safety, fire services and security organizations at your Center.
- There is a limited budget to support this campaign. Resources from the NSC, the American Red Cross (ARC) and the Poison Control Center are being evaluated. The NSC has posters and literature on seat belt usage and falls, the ARC has brochures available on drowning and Poison Control Center has information on household and plant poisons. Since the Principal Center is limited in the amount of materials available to them, Centers are encouraged to tap these resources in their communities.
- Seat belt usage at the Centers will remain the metric for the campaign.
- A summary of the types of activities, dates and participants associated with the campaign will also be requested.

Action Items:

- A summary of the December promotions not previously submitted is due from those Centers.
- A summary of the activities during the nutrition campaign should be submitted by April 30th.
- There was not sufficient time on this ViTS to discuss the remaining two campaigns for 2001. It is proposed they be the 1) Influenza Vaccine Program and 2) Stress Related Campaign. These campaigns will meet Healthy People 2010 and NIAT goals. Centers can respond to Helen on this proposal.
- Promotional materials for the 101 Days of Summer will be set to the Centers by May.

Next Committee ViTS:

- July 18, 2001 @ 4:00 to 5:00 PM EST